

tobacco cessation

choosing to quit feels great!

your health team can help you quit successfully

What is the Tobacco Cessation Program?

The Calgary Foothills Primary Care Network offers free classes to patients of member physicians. Group sessions consist of four classes, one week apart. Medication can be integrated into sessions with the direction of the family physician. The combination of group sessions and medication is shown to significantly increase quit rates.

Talk to your doctor about participating in this program.

Session Breakdown

1. Quitting is hard, but worth it

Pros and cons of quitting and understanding nicotine addiction.

2. Medications & strategies

Discuss nicotine replacement therapies and other medications and strategies to help you quit.

3. Taking it one day at a time

Strategies to help you handle stress and plan for success.

4. Taking next step

Review strategies, barriers and medications. Learn about additional resources going forward.

Follow-up

After four classes you will receive follow-up calls offering further support if required.



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benefits of quitting smoking

Time Period

Health Benefits

Within 20 minutes	Blood pressure drops, pulse rates drop to normal, body temperature of hands and feet return to normal
Within 8 hours	Carbon monoxide levels return to normal
Within 24 hours	Risk of heart disease decreases
Within 48 hours	Ability to smell and taste improves
Within 72 hours	Breathing gets easier as bronchial tubes relax, lung capacity increases
Within 3 weeks	Mucus in the lungs loosens, lung function and circulation improves
Within 2 months	Blood flows more easily to arms and legs. Lung function increases up to 30%
Within 3 months	Lungs become healthier, you breathe more easily, you get fewer colds
After 1 year	Risk of sudden death from heart attack is cut almost in half
After 5 years	Lung cancer death rate decreases by almost 50%
Within 10 years	Risk of sudden death from heart attack or stroke becomes almost the same as a non-smoker, risk of cancer drops significantly